

## NSS REPORT (APRIL 2023 – MARCH 2024)

### Workshop on Paper pen and Paper cover making

Conducted a workshop on Paper pen and Paper cover making for NSS volunteers at 10:00 am to 12:00 pm on 1 April 2023. The workshop was led by Craft making Trainers - Ms. Ann Maria Jose and Ms. Aparna Sudeesh. They showed the volunteers how to make paper pen and Paper cover by using news papers, notices and used print papers, through which they conveyed a message that we can make wealth from waste. A total of 30 students attended this skill enriching programme.



Training for Paper pen making by Ms. Aparna Shaji



Training for Paper cover making by Ms. Ann Maria Jose

### **World Environment Day Celebration**

NSS volunteers celebrated World Environment Day by distributing 25 Jackfruit tree saplings to the Sub Jail, Pala (Kottayam District) on 2<sup>nd</sup> June 2023. 14 volunteers with Programme Officers, Dr. Simimol Sebastian and Dr. Mariamma Mathew were visited the Jail and handed over the saplings.



**Cleaning of our own land/ compound**

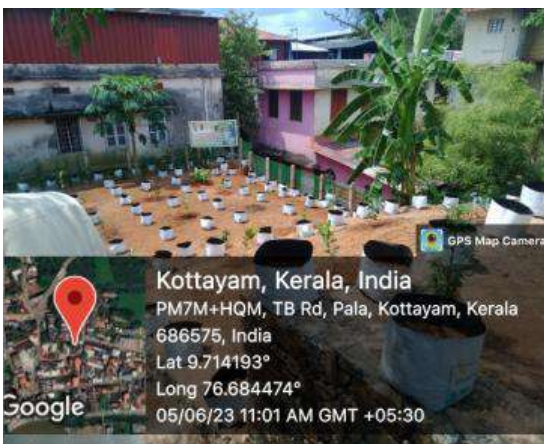
Through a strategic initiative, the second programme held in honor of World Environment Day on 4<sup>th</sup> June 2023 aimed to reduce plastic pollution and improve environmental health by removing plastics from our own land/ compound for creating better environment for plants. Volunteers were urged to support this admirable event and demonstrate their dedication to sustainability and conservation of our natural surroundings.



### **Tree sapling and vegetable planting at Pala Sub jail compound**

NSS volunteers, Jail authorities and inmates were planted trees like Teak, Jackfruit, Mahogany saplings and 10 types of vegetables (in grow bags) on 5<sup>th</sup> June 2023. The event held at Pala Sub jail compound and the tree sapling planting was inaugurated by Shri. Mani C. Kappen (MLA, Pala). The vegetable planting was inaugurated by Shri. Rajendra Babu (RDO, Pala). Pala family court Judge, Shri. Ayoob Khan was the Chief Guest. Smt. Josin Bino (Municipal Chair Person, Pala), Mr. Binu Pulickakkandam, Ms. Lissikutty Mathew, Mr. Thomas Peter and Mr. Baiju Kollamparampil (Municipal Councilors, Pala)

were felicitated the programme. The celebration aimed to promote environmental awareness and encourage sustainable practices among the community.



## 21 June : Yoga Day

On June 21<sup>st</sup>, 2023, NSS volunteers celebrated the International Yoga Day. The event commenced with a comprehensive introduction to Yoga Day by NSS Programme Officer, Dr. Simimol Sebastian. Following that, Yoga instructor Ms. Anooja S. Nair started the programme with warm-up exercises and guided through various sitting and standing Asanas, with

simultaneous explanations of their significance. The instructor emphasized the importance of incorporating yoga into daily life and maintaining harmony between the body and mind.



### **26 June 2023: Anti-drug awareness programme**

An Anti-drug awareness programme was conducted in the college under NSS Unit in association with Pala Social Welfare Society (PSWS). The programme started at 2:00 pm on 26<sup>th</sup> June 2023 and the Principal of the college, Rev. Dr. Shaji John presided over the function. Rev. Fr. Thomas Kizhakkal, Director of PSWS Pala, inaugurated the event. Mr. K.P. Thomson (Circle Inspector of Police, Pala) gave the awareness class on “Drug abuse and its effects” to the students. A pledge taking ceremony was also held by Mrs. Merly James (Project Officer, PSWS Pala) during the programme where all students took the pledge. The programme benefited a lot to all students by making them aware of the harm of drugs intake.



Lamp lighting by Rev. Fr. Thomas Kizhakkal (Director, PSWS, Pala)



Pledge taking ceremony



Mr. K.P. Thomson (Circle Inspector of police, Pala) conducts the awareness class

### 28 June 2023 : Plastic collection from College campus

A cleanliness drive across the campus was organized by NSS on 28<sup>th</sup> June 2023 and volunteers were actively participated in this initiative to make the campus plastic free by collecting pieces of plastic materials and bottles lying in the campus.



NSS cleanliness drive for the collection of plastic

**11 August 2023 (12<sup>th</sup> August – World Youth Day celebration )Plastic collection from college campus and campus cleaning**

A campus cleaning drive was conducted by NSS volunteers as part of World Youth Day (12. 08. 2023) celebration on 11<sup>th</sup> August 2023, to ensure that the campus remains free from plastic, litter, waste and other forms of pollution. The main objective of this programme was to spread awareness among students about the significance of cleanliness and its benefits.



**15 August 2023:**

The Independence Day celebration at the college was held on 15<sup>th</sup> August 2023, with great enthusiasm and patriotic fervour. NSS Volunteer Secretary Keerthana Reji gave brief introduction of the day. Dr. Sr. Minimol Mathew, the Vice Principal hoisted the flag and delivered the patriotic speech. The National Anthem was sung by the volunteers with great pride. After that, a one day cleaning drive was carried out at Kavalippuzha Mini Beach. 52 volunteers with Programme Officers participated in this programme to maintain a clean and hygienic environment there.





**Flag hoisting on 15<sup>th</sup> August by Vice Principal Dr. Sr. Minimol Mathew**



**Message on 15<sup>th</sup> August by Vice Principal Dr. Sr. Minimol Mathew**



**15 August 2023:**

### **Kavalippuzha Mini Beach Cleaning**



**Kavalippuzha Mini Beach Cleaning on Independence Day**

### 3 September 2023 Booth Decoration

22 NSS volunteers were actively participated in the Booth decoration programme prior to the Puthuppally bye election 2023. They beautifully decorated one polling booth at Thiruvanchoor CMS LP School and two polling booths at Amanakara Govt. LP School. The Programme was coordinated by NSS Programme officers.



**Volunteers and PO in front of CMS LP School, Thiruvanchoor**



**Volunteers at Govt. LP School, Amanakara**

8 September 2023 : World Literacy Day was celebrated on 8<sup>th</sup> September 2023 by conducting an Essay writing competition.



**20 September 2023**

As part of NSS day celebration, a **blood donation camp** was conducted on 20<sup>th</sup> September 2023 in association with Department of Clinical Nutrition and Dietetics and Lions Club. The programme was inaugurated by Dr. Raju D. Krishnapuram, famous Environmentalist. Donated 50 units of blood to the blood bank of Mary Giri Hospital Bharananganam as part of this event.



**Dr. Raju D. Krishnapuram (Left side) with Rev. Dr. Shaji john (Principal), Shri. Shibu Thekkemattam (Secretary, Pala Blood Forum), Teachers, NSS Programme Officers and volunteers**



**Blood donation camp**

**9 October 2023:** (October 2 Gandhijayanthi (02.10.2023) NSS volunteers enthusiastically collected plastic wastes, tea cups, etc, spread over the college campus on 9<sup>th</sup> October 2023 and handed over to Harithakarma sena.



**19 October 2023:** A class on “Cognitive skill development” was arranged at 10:00 am on 19 October 2023 by NSS in association with Department of Zoology and Lions Club. Mr. Jino M. Scaria (Memory Coach & Spot skill Trainer) was the resource person.



### 29 November 2023 Book donation

52 new **books** collected by volunteers were donated **to the library of Pala Sub Jail** on 29<sup>th</sup> November 2023. The Jail Suprend Shri. C. Shaji received the books. 20 volunteers visited the library and interacted with the authorities.



### Book donation to the Pala Sub Jail

- Volunteers and POs were visited Pala Sub jail on 29<sup>th</sup> November 2023 and Fruit tree saplings were planted in the Jail compound. The programme was inaugurated by Sri. C. Shaji (Superintendent of Pala Sub jail).



**Inauguration of fruit tree sapling plantation by Shri. C. Shaji (Suprend of Sub Jail, Pala)**



GPS Map Camera



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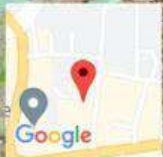
GPS Map Camera



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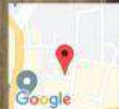
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**POs and volunteers planting fruit tree saplings**

**1 December 2023 AIDS Day**

Observed World AIDS Day on 1<sup>st</sup> December 2023 by distributing Red ribbon to all NSS volunteers.



**Red ribbon distribution on AIDS Day**

**1 December 2023 AIDS Day**

World AIDS Day was observed by NSS in association with Department of Zoology, on 1<sup>st</sup> December 2023 by conducting a seminar on “AIDS – It’s causes, symptoms, and management”.

The programme was inaugurated by Dr. Jacob Thomas MD, DD (Prof. of Dermato-venereology) and followed by a class on AIDS.



**Inauguration of World AIDS Day by Dr. Jacob Thomas**



NSS Volunteers with

On World AIDS Day (1.12.2023), the solemn oath-taking ceremony at our college was led by our NSS volunteer Leenu K Jose. As we stood united in this endeavor, the oath-taking ceremony served as a powerful moment, symbolizing our dedication to promoting education, empathy, and prevention in the face of this global health challenge.



**Oath-taking ceremony on AIDS Day**

## **2<sup>nd</sup> December 2023: (Pollution Control Day) Used pen collection**

**Pollution Control Day** was celebrated on 2<sup>nd</sup> December 2023 by collecting used pens. The throwaway culture of present-day society has ensured that we no longer have an emotional connect to a pen or pencil. Now a pen is just another item of plastic waste. NSS volunteers collected the used pens from students of this college and handed over to Harithakarmasena for recycling.



## Collected pens for recycling

### 7 December 2023: Voter registration

NSS volunteers conducted a Voter's registration campaign on 7<sup>th</sup> December 2023 for our students to register for voters ID. They helped them to download voters list and check eligibility to vote in the upcoming elections.



### Voter registration campaign

### Nature camp at Thattekkadu Bird Sanctuary

NSS volunteers participated in a three day nature camp at Thattekkadu bird sanctuary from 08.12.2023 to 10.12.2023. On the first day evening, Shri. Mixon V.K. (BFO, Thattekkadu bird sanctuary) gave a class on “The importance of forests and wildlife in our life” and followed by a class on “The need to preserve and conserve our nature” by Shri. Sivadas T.T., who is giving valuable service as watcher. On the second day morning, we had a wonderful as well as informative trekking through the forest under the leadership of Shri. Sivadas. Dr. R. Sugathan, the famous ornithologist, delivered a class on “Different species of birds and animals in the Thattekkadu bird sanctuary” at 3:00 pm. Shri. C.T Ouseph (Assistant Wild Life Warden, Thattekkadu bird sanctuary) gave a class on “The migratory birds in the Thattekkadu sanctuary” at 7’o clock. On 10<sup>th</sup> morning, we visited the interpretation centre, butterfly garden and medicinal garden. After that we went for a trekking through Salim Ali bird watching path.



**Class by Shri. Mixon V.K.**



**Class by Shri. Sivadas T.T.**



**Class by Shri. C.T.Ouseph**



**Class by Dr. R. Sugathan**



**Bird watching**

**18 December 2023 Snehaveedu project Key handover ceremony**

As per the Snehaveedu Project of NSS MG university and K Chittilappally foundation, NSS Unit of Alphonsa College got fund for 28 houses (4 lakh per house). Key handover ceremony was organized on 18<sup>th</sup> December 2023. His Excellency, Mar. Joseph Kallarangattu, Patron of the College inaugurated the function. In the function, Benedictory speech was given by Rev Dr. Joseph Thadthil Manager of the college. Principal Rev. Dr. Shaji John presided over the function. Dr. E.N Sivadasan Coordinator (NSS Cell MG University) and Mr. Jayaraj (Project Head, KCF) handed over the key to Alphonsa College. Project coordinator Dr. Susamma, Project Manager Mr. Depak, NSS district Coordinator Mr. Ajeesh were offered felicitations.



**Inaugural ceremony**



**Key handing over to Alphonsa college Pala**

### **20 December 2023 Xmas Pappa Cap sale**

X'mas Pappa Cap sale was organized by NSS unit on 20<sup>th</sup> December 2023 as a fund raising programme for supplying Xmas cakes to Sub Jail Pala and Buds School Puliyanor, Kottayam District. Rev Fr. Kuriakose Vellachalil, Bursar of the college, inaugurated the sale by handing over the Pappa cap to Lt. Anu Jose, NCC Officer, Alphonsa College.



**Xmas Pappa cap sale**

**21 December 2023 Xmas celebration by Cake cutting**

Xmas celebration of the NSS unit was started by cake cutting by Rev Fr. Kuriakose Vellachalil (Bursar of the College) on 21<sup>st</sup> December 2023.





### **21 December 2023 Xmas celebration at Buds School puliyannoor**

NSS volunteers along with programme officers visited Buds School at Puliyanor, the school for mentally retarded children on 21<sup>st</sup> December 2023. X'mas cake and Pappa caps were distributed to the children and cultural programme was organized with due participation of children.



**Cap distribution**



### Cultural programme with Children

**22 December 2023 :**

As a part of charity during Christmas celebration, NSS unit donated 20 steel plates and 20 steel glasses to the inmates of Pala Sub Jail. Principal, Rev. Dr. Shaji John gave it to the officers. In addition, Rs. 2000/- and 10 Kg of Cake were also gave to the Jail inmates for their Xmas celebration.



### Donating steel plates and glasses to the Jail officers



**Fund handing over to the Jail officer**

### **1 January 2024 – 31 January 2024** RD Parade Camp at Delhi

Programme Officer, Dr. Simimol Sebastian was selected as Kerala Contingent Leader to attend Republic Day Parade camp at New Delhi held from 1<sup>st</sup> January 2024 to 31<sup>st</sup> January 2024. 12 NSS volunteers from various colleges of Kerala State were participated in the Parade camp. During the one month camp and stay in Sai spots Hostel in Delhi, participated in daily activities such as parade rehearsal, cultural programme and academic sessions. As the participants from all States and UTs participate in this camp, the NSS Republic Day camp replicates a MINI INDIA to the nation's capital.

Actively involved in the programme such as Republic day Prade on 26<sup>th</sup> January at Karthavya Padh, Delhi, Cultural programme arranged at houses of Honorable President of India, Droupadi Murmu; Shri. Narendra Modi, Prime Minster of India; Shri. Anurag Singh Thakur, Minster of Youth affairs and Sports and Shri. V. Muraleedharan, Minister of state for External affairs and Parliamentary affairs of India. Also visited Parliament of India and met Honorable Vice President of India Shri. Jagadeep Dhankhar.



**Selected volunteers from Kerala with Contingent leader Dr. Simimol Sebastian**



**Volunteers from Kerala with Contingent leader Dr. Simimol Sebastian in Parade Uniform**



**Republic Day Parade by NSS volunteers**



**NSS volunteers with Honorable President of India and Officials**



**NSS volunteers with Honorable Prime minister, other ministers and officials**



**NSS team from Kerala with Parade Camp Coordinators Dr. C. Samuel and Ms. Sarita Patel**

### **NSS Adventure camp**

NSS Volunteer Secretary Ms. Alphiya Francis was selected for NSS Adventure camp held at Maclelodge gunch, Dharmasala, Himachal Pradesh during 24<sup>th</sup> January 2024 to 3<sup>rd</sup> February 2024. The objective of this camp was to undertake adventurous activities like trekking, mountaineering etc.



**Volunteer secretary Alphiya Francis (3<sup>rd</sup> from right-sitting) with Team leader and other volunteers**

### **10 February 2024 Magic show**

Magic show was organized in order to raise fund for Snehaveedu (Home for homeless) project on 10<sup>th</sup> February 2024. Three Mayajal shows were arranged in the auditorium at Arunapuram and the coupon sale fund collection event successfully raised Rs. 13,00,000/- for home project. We got the support from all teachers, Non-teaching staff, Retired staff, Students and PTA. Principal donated the collected money to three beneficiaries to construct their house.

### **21 February 2024 : Book distribution**

Volunteers collected 25 new books and donated it to make a new library under the Tribal Extension office at Melukavu (Kottayam District) on 21<sup>st</sup> February 2024. Ms. Sigymol Sabu (Social worker) received the books from Rev. Dr. Shaji John (Principal).



**Principal donating books to Tribal library**

### **24 February 2024 : School cleaning**

On 24<sup>th</sup> February 2024, the NSS volunteers organized a cleanliness drive to clean the premises and class rooms of Sakthivilasam NSS High School, Edanad, located 5kms away from the college. 37 volunteers participated in this activity. The Head Mistress of the school, Mrs. Parvathy S. Jayasree appreciated the sincere efforts from the part of NSS volunteers of Alphonsa College. The cleaning was not only beautified the campus but also instilled a sense of responsibility and environmental consciousness among the volunteers.





## NSS volunteers with Head Mistress and Programme Officer



## Cleaning work at Sakthivilasam NSS High School, Edanad

**On 24 February 2024**, organized a class on “Gender division of labour” at 2:30 pm at Sakthivilasam NSS High School, Edanad. The class was delivered by Mrs. Parvathy S. Jayasree (Head Mistress, Sakthivilasam NSS High School, Edanad).



NSS in association with Department of Zoology, organized a seminar on ‘Wildlife conservation: Conflicts and Coexistence’ on 6<sup>th</sup> March 2024. Mrs. Reney R. Pillai (Deputy Director, Wild Life Education , Kottayam) was the Resource person.



**Class by Mrs. Reney R. Pillai**

**8 March 2024** Pala Municipality has introduced QR code scanning system in all houses and institutions of the Municipality to collect information regarding waste management. A class on the importance and necessity of Waste collection QR code was delivered by Dr. Geetha Devi

T.V. (Suchitwamission Resource Person, Pala Municipality) on 8<sup>th</sup> March 2024. The training session was led by Binu Paulose and Renjith R. Chandran (Junior Public Health Inspectors). 78 volunteers attended this training programme. 30 volunteers actively participated to introduce and paste QR code in houses, shops and institutions in Pala Municipality with authorities.



**Class by Dr. Geethadevi**



**NSS volunteers attending the training on QR code scanning Ms. Binu Paulose**

**8 March 2024**

International Womens' Day was celebrated by organizing a seminar on 'Public speaking' in association with Lions club of Kuttanad overseas. The inauguration was done by Shri. Mani C. Kappen (MLA, Pala) on 8<sup>th</sup> March 2024. Mr. Sabu Vallayil (JCI National Trainer) handled the session. 65 NSS volunteers were participated in this seminar cum training programme and at the end of the 3 hour session, all the participants were able to present a speech.



**9 March 2024**

As part of the International Women’s Day 2024, a seminar on “First Aid Awareness” in association with Lions club of Aruvithura was conducted for NSS volunteers, on 9<sup>th</sup> March 2024. The sessions by Mrs. Sindhu P. Narayanan (Nursing Officer Gr-1, Health Services) focused on the basics of first aid, and how to provide first aid in various critical situations. Volunteers had hands-on experience and they expressed that the workshop will be very useful for them to meet the emergencies. 65 volunteers were actively participated in this session.



## Workshop on First aid awareness by Mrs. Sindhu P. Narayanan

**9 March 2024**

NSS organised a class on 'Values in our life' on 9<sup>th</sup> March 2024. Dr. Ambili T.R. (Department of Zoology, Alphonsa college Pala) was the Resource person. A total of 80 volunteers were participated in this class.



**Class by Dr. Ambili T.R.**

**10<sup>th</sup> March 2024**

Due to flood, Meenachil river bank becomes very dirty with plastic wastes, garbage and logs. A Cleaning drive was organized to clean up Meenachil river bank at Kavalippuzhakadavu (Kavalippuzha Mini Beach) on 10<sup>th</sup> March 2024. Kavalipuzhakadavu Beach is a popular tourist spot and a family hangout place. 40 volunteers with Programme Officer Dr. Simimol Sebastian were attended the cleanliness drive.



**Cleaning up of Kavalippuzhakadavu bank by NSS volunteers**



**After cleaning**



**NSS volunteers participated in the cleaning drive with Programme officer Dr. Simimol Sebastian**